



Use and Care & Cooking Guide

Spacemaker® Microwave Oven



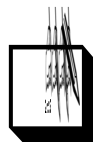
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More questions?...call	
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Model: JVM239

**Microwave power output
of this oven is 850 watts.
(IEC-705 Test Procedure)**



HELP US HELP YOU...

Before using your oven, read this guide carefully.

It is intended to help you operate and maintain your new microwave oven properly.

Keep it handy for answers to your questions.

If you don't understand something or **need more** help, **call**:

GE Answer Center®

800.626.2000

24 hours a day, 7 days a week

Write down the model and serial numbers.

You'll find them on a label inside the oven.

These numbers are **also** on the Consumer Product Ownership Registration Card that came with your microwave oven. Before sending in this card, please **write** these numbers here:

Model Number

Serial Number

Use these numbers in any **correspondence** or service calls **concerning** your microwave oven.

Be sure your microwave oven is registered.

It is important that we know the location of your **microwave** oven should a need occur for adjustments.

Your **supplier** is responsible for registering you as the owner.

Please check with your supplier to be sure he has done so; **also** send in your Consumer Product **Ownership** Registration Card. If you move, or if you are not the **original** purchaser, please write to us, stating model and serial numbers.

This appliance must be registered. Please be certain that it is.

Write to:

GE Appliances
Range Product Service
Appliance Park
Louisville, KY 40225

If you received a damaged oven...

Immediately contact the dealer (or builder) that sold you the oven.

Save time and money. Before you request service...

Check the Problem Solver in the back of this guide. It lists causes of minor operating problems that you can correct yourself.

All these things are normal with your microwave oven.

- **Steam** or vapor escaping from around the door.
- Light **reflection** around door or outer case.
- Dimming oven light and change in blower sound may **occur** while **operating** at **power** levels other than high.
- **Dull** thumping sound while oven is operating.
- Some W-Radio interference might be noticed while using your microwave oven. It's **similar** to the interference caused by other **small** appliances and does not indicate a problem with your oven.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) **Do Not Attempt to operate** this oven with the door open **since** open-door operation **can result in harmful** exposure to **microwave** energy. It is important not to defeat or **tamper** with the safety **interlocks**.
- (b) **Do Not Place** any object between the oven front f-and the door or **allow soil** or cleaner residue to **accumulate** on **sealing surfaces**.
- (c) **Do Not Operate the oven if it is damaged.** It is **particularly** important that the oven door close **properly and that there** is no damage to the:
 - (1) **door (bent)**
 - (2) **hinges and latches (broken or loosened)**
 - (3) **door seals and sealing** Sal-S.
- (d) **me&en Should Not** be adjusted or repaired by anyone **except** properly **qualified service personnel**.

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using your appliance.



When using electrical appliances, basic safety precautions should be followed, including the following:

⚠ WARNING—To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

- Read and follow the specific “Precautions to Avoid Possible Exposure to Excessive Microwave Energy” on the previous page.
 - This appliance must be grounded. Connect only to properly grounded outlet. See Grounding Instructions section in the back of this guide.
 - Use this appliance only for its intended use as described in this guide. Do not use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat or cook food, and is not intended for laboratory or industrial use.
 - This over-the-range oven was designed for use over ranges no wider than 42 inches. It may be installed over both gas and electric cooking equipment.
 - For best operation, plug this appliance into its own electrical outlet, to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.
-
- Do not mount this appliance over a sink. Install or locate this appliance only in accordance with the provided Installation Instructions.
 - Do not cover or block any openings on the appliance.
 - Do not stem this appliance outdoors. Do not use this product near water—for example, in a wet basement, near a swimming pool or near a sink.
 - This microwave oven is not approved or tested for marine use.
 - Do not store anything on top of the microwave oven* when the oven is in operation.
 - Do not immerse power cord or plug in water.
 - Keep power cord away from heated surfaces.

- Do not let power cord hang over edge of table or counter.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
- See door surface cleaning instructions in the Care and cleaning section(s) of this guide.
- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- As with any appliance, close supervision is necessary when used by children.

• To reduce the* of fire in the oven cavity:

- Do not overcook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.
- Remove *tides and metal handles from paper or plastic containers before placing them in the oven.
- Do not use your microwave oven to dry newspapers.
- Do not use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper prod-con-nylon or nylon filaments should be avoided, as they may also ignite.
- Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Do not operate the oven while empty to avoid damage to the oven and the danger of fire. If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—it saves energy and prolongs the life of the oven.

(continued next page)



IMPORTANT SAFETY INSTRUCTIONS

(continued)

—**Do not use the oven for storage purposes.**

Do not leave paper products, cooking utensils or food in the oven when not in use.

—**If materials inside oven should ignite, keep oven door closed, turn oven off, and disconnect power cord, or shut off power at the fuse or circuit breaker panel.**

• **Some products such as whole eggs and sealed containers—for example, closed jars—will explode and should not be heated in this microwave oven.** Such use of the microwave oven could result in injury.

• **Avoid heating baby food in glass jars, even with the lid off.** Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly. Be careful to prevent scalding when warming formula or breast milk. The container may feel cooler than the milk really is. Always test the milk before feeding the baby.

• **Don't defrost frozen beverages in narrow necked bottles (especially carbonated beverages).** Even if the containers opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.

• **USE foil only as directed in this guide.** TV dinners may be microwaved in foil trays less than 3/4" high; remove the top foil cover and return the tray to the box. When using foil in the microwave oven, keep the foil (other than metal shelf) at least 1 inch away from the sides of the oven.



• **Cookware may become hot—use of heat transferred from the heated food.** Pot holders may be needed to handle the cookware.

• **Foods cooked in liquids (such as pasta) may tend to boil over more rapidly than foods containing less moisture.** Should this occur, refer to the Care and Cleaning section(s) for instructions on how to clean the inside of the oven.

• **Thermometer—Do not use a thermometer in food you are microwaving unless the thermometer is designed or recommended for use in the microwave oven.**

• **Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used—my.** Even microwave-safe plastic may not be as tolerant of overcooking conditions. **SS are glass or ceramic materials and may soften or char if subjected to short periods of overcooking.** In longer exposures to overcooking, the food and cookware could ignite. For these reasons: 1) Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer's recommendations. 2) Do not subject empty cookware to microwaving. 3) Do not permit children to use plastic cookware without complete supervision.

• **When cooking pork, follow the directions exactly and always cook the meat to an internal temperature of at least 170°F.** This assures that, in the remote possibility that trichina maybe present in the— it will be killed and meat will be safe to eat.

• **Do not boil eggs had-wave oven.** Pressure will build up inside egg yolk and will cause it to burst, possibly resulting in injury.



• **Foods with unbroken outer "skin"** such as potatoes, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks (see previous caution) should be pierced to allow steam to escape during cooking.

• **Not all plastic wrap is suitable for use in microwave ovens.** Check the package for proper use.

• **Spontaneous boiling—Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven.** To prevent burns from splashing liquid, we recommend the following: before removing the container from the oven, allow it to stand in the oven for 30 to 40 seconds after the oven has shut off. Do not boil liquids in narrow-necked containers such as soft drink bottles, wine flasks and especially narrow-necked coffee cups. Even if the container is opened, excessive s-can build up and cause it to burst or overflow.



- **“Boilable” cooking pouches and tightly closed plastic bags** should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. **For plastic storage containers** should be at least partially uncovered because they form a tight seal. **When cooking** with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.



- **Hot foods and steam can cause burns.** Be* when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.



- In the event of a grease fire, smother flaming pan on surface unit by covering pan completely with well-fitting lid, cookie sheet or flat tray.
- Clean the vent hood often. Do not allow grease to build up on the hood or the filter.
- Use care when cleaning the vent hood filter. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filter.
- When flaming foods are under the hood, turn the fan off. The fan, if operating, may sustain the flame.

SAVE THESE INSTRUCTIONS

Optional Accessories

Available at extra cost from your GE supplier.

JX40WH Filler Panel Kit (for model JVM239WV).

JX41 Filler Panel Kit (for model JVM239BV).

JX50 Glass Canopy Kit

JX81A Charcoal Filter Kit for non-vented installation.

This microwave oven is **UL listed** for initiation over electric and gas ranges.

The Exhaust Hood

- Have it installed and properly grounded by a qualified installer. See the special installation booklet packed with the microwave oven.
- The exhaust fan in the oven will operate automatically under certain conditions (see Automatic Fan Feature). While the fan is operating, caution is required to prevent the starting and spreading of accidental cooking fires while the exhaust fan is in use. For this reason:
 - Never leave surface units unattended at high heat settings. Boilovers cause smoking and greasy spillovers that may ignite and spread if exhaust fan is operating. To minimize automatic fan operation, use adequate sized cookware and use high heat only when necessary.



IF YOU NEED SERVICE...

To obtain **service**, see the Consumer Services page in the back of this guide.

We're **proud** of our service and want you to be **pleased**. If for some **reason** you are not happy with **the** service you receive, here are 3 steps to follow for further help.

FIRST, contact the people who serviced your appliance. Explain why you are not **pleased**. In most cases, this **will** solve the problem.

NEXT, if you are still not **pleased**, write **all** the **details—including** your phone **number—to:**

Manager, Consumer Relations
GE Appliances
Appliance Park
Louisville, KY 40225

FINALLY, if your problem is **still** not resolved, write:

Major Appliance Consumer
Action Panel
20 North Wacker Drive
Chicago, IL 60606



MICROWAVING TIPS

- **Make sure all cookware used in your microwave oven is suitable for microwaving.** Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have **metallic** trim or **glaze** with a **metallic** sheen can be used. Some cookware is labeled "suitable for microwaving."

- **If you are not sure if a dish is microwave-safe, use this test:** Place in the oven both the dish you are testing and a glass measuring cup filled with 1 cup of water—set the measuring cup either in or next to the dish. Microwave 1 minute at high. If the dish heats, it should not be **used** for microwaving. **If the** dish remains **cool** and only the water in the cup heats, then the dish is microwave-safe.



- Paper **towels, waxed paper and plastic wrap** can be used to cover **dishes** in order to retain moisture and prevent spattering. Be **sure** to vent plastic wrap so steam can escape.
- **Some microwaved foods require stirring, rotating or rearranging.** Check the Cooking Guide.
- **Steam builds up pressure in foods which are tightly covered by a skin or membrane. Pierce potatoes, egg yolks and chicken livers** to prevent bursting.

If you use a meat thermometer **while** cooking, make sure it is safe for use in microwave ovens.

VARIABLE POWER LEVELS (1-10)



How to Change Power Level

1. Press MICRO COOK or TIME DEFROST.

2. Select cooking or defrosting time.

3. Press POWER mm.

4. Select desired power level 1-10. ☐ m m

5. Press START. ☐ m n

Variable power levels add flexibility to your microwave cooking. The power levels on your microwave oven can be compared to the surface units on a range. High (Power Level 10) or full power is the fastest way to cook and gives you 100% power. Each power level gives you microwave energy a certain percent of the time. Power Level 7 is microwave energy 70% of the time. Power Level 3 is energy 30% of the time.

A high setting (10) will cook faster but may need additional attention such as frequent stirring, rotating or turning over. Most of your cooking will be done on High (Power Level 10). A lower setting will cook more evenly and with less attention given to stirring or rotating the food. Some foods may have better flavor, texture or appearance if one of the lower settings is used. You may wish to use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

Rest periods (when the microwave energy cycles off) give time for the food to "equalize" or transfer heat to the inside of the food. An example of this is shown with Power Level 3—the defrost cycle. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted.

Here are some examples of uses for various power levels:

POWER LEVEL	BEST USES
High 10	Fish, bacon, vegetables, boiling liquids.
Meal-High 7	Gentle cooking of meat and poultry; baking casseroles and reheating.
Medium 5	Slow cooking and tenderizing such as stews and less tender cuts of meat.
Low 3	Defrosting without cooking; simmering; delicate sauces.
Warm 1	Keeping food warm without overcooking; softening butter.

AUTOMATIC FAN FEATURE

This microwave oven has an automatic fan feature to protect it from too much heat rising from the cooktop or range beneath it. It automatically turns on at a low speed if it senses too much heat.

If you have turned the fan on you may find that you cannot turn it off. This is because the automatic fan has come onto protect the internal parts of the microwave.

The fan will automatically turn off when the internal parts are cool. It may stay on for 30 minutes or more after the range and microwave controls have been turned off.



YOUR TOUCH CONTROL PANEL

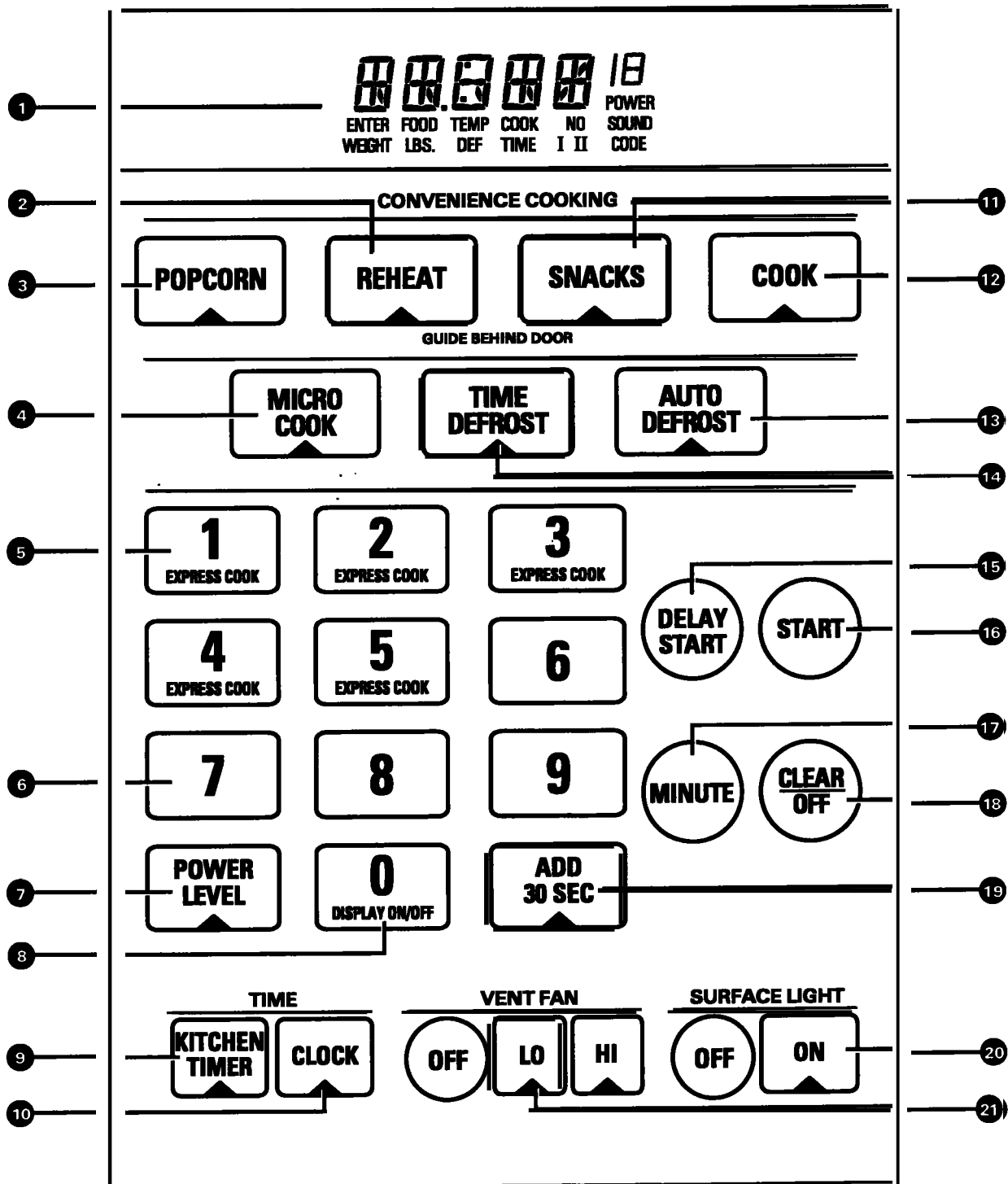
The Touch Control Panel allows you to set the oven controls with the touch of a finger. It's designed to be easy to use and understand.

1. **DISPLAY.** Displays time of day, cooking time, power level being **used**, cooking mode and instructions.
 2. **REHEAT.** Use Reheat for quick reheating of a variety of foods using different **times** and power levels.
 3. **POPCORN.** Touch **this pad to cook prepackaged microwave** popcorn weighing 3.0 to 3.5 ounces. No need to touch **START**, the oven **will start** immediately.
 4. **MICRO COOK.** **Microwave** for a selected amount of time using automatic Power **Level 10 (High)**.
 5. **EXPRESS COOK.** Touch number pads 1 through 5 for 1 to 5 minutes of cooking. No **need** to touch **START**, the oven will start **immediately**.
 6. **NUMBER PADS.** Touch these pads to program the **microwave**.
 7. **POWER LEVEL.** Touch this pad before entering another power level number if you want to change from automatic Power Level 10 **(High)** for cooking or Power **Level 3 (Low)** for defrosting.
 8. **CLOCK DISPLAY ON/OFF.** Touch the O number pad to **turn** the clock display on or off. The Clock Display **On/Off feature** cannot be used while a cooking feature is in use.
 9. **KITCHEN TIMER.** This **feature** uses no microwave energy. It functions as either a kitchen timer, as a holding period after defrost or as a delay timer before time cooking.
 10. **CLOCK.** Touch this **pad to enter** time of **day** or check time of day **while** microwaving. To **set** clock, **first** touch CLOCK pad and then enter time of day. For example, if time is **1:30**, touch number pads 1,3 and O **and "1:30"** will appear in display. Then touch START or CLOCK pad. To reset or change time, simply **repeat** above process.
 11. **SNACKS.** Touch this **pad**, a code number and weight or quantity of **food to warm a variety** of snack foods.
 12. **COOK.** Touch this pad, a code number and weight of food for quick cooking of a variety of foods using different times and power levels.
 13. **AUTO DEFROST.** Touch **this pad** and food **weight**, then START. The oven automatically sets power levels and **defrosting** time.
 14. **TIME DEFROST.** **Gentle thawing** at automatic Power Level 3 **(Low)**.
 15. **DELAY START.** **Allows you to program your oven to** begin cooking at a preset time of **day**—up to a 12-hour delay.
 16. **START.** After **all selections** are made, touch this pad to **start** the oven.
 17. **mm.** Use **this** with number pads to enter whole minutes. For example, for 4 minutes touch 4 and **MINUTE**.
 18. **CLEAR/OFF.** When touched, it shuts off the oven and erases **all settings** (except time of day).
 19. **ADD 30 SEC.** Press this pad for 30 seconds of cook time, to add 30 seconds to the cook time as it's counting down or for an **"instant on"** for 30 s-rids.
 20. **SURFACE LIGHT.** Touch ON to turn on the **surface** light.
 21. **VENT FAN.** Press **HI**, LO or OFF for the different fan speeds.
-

When You Plug in the Oven

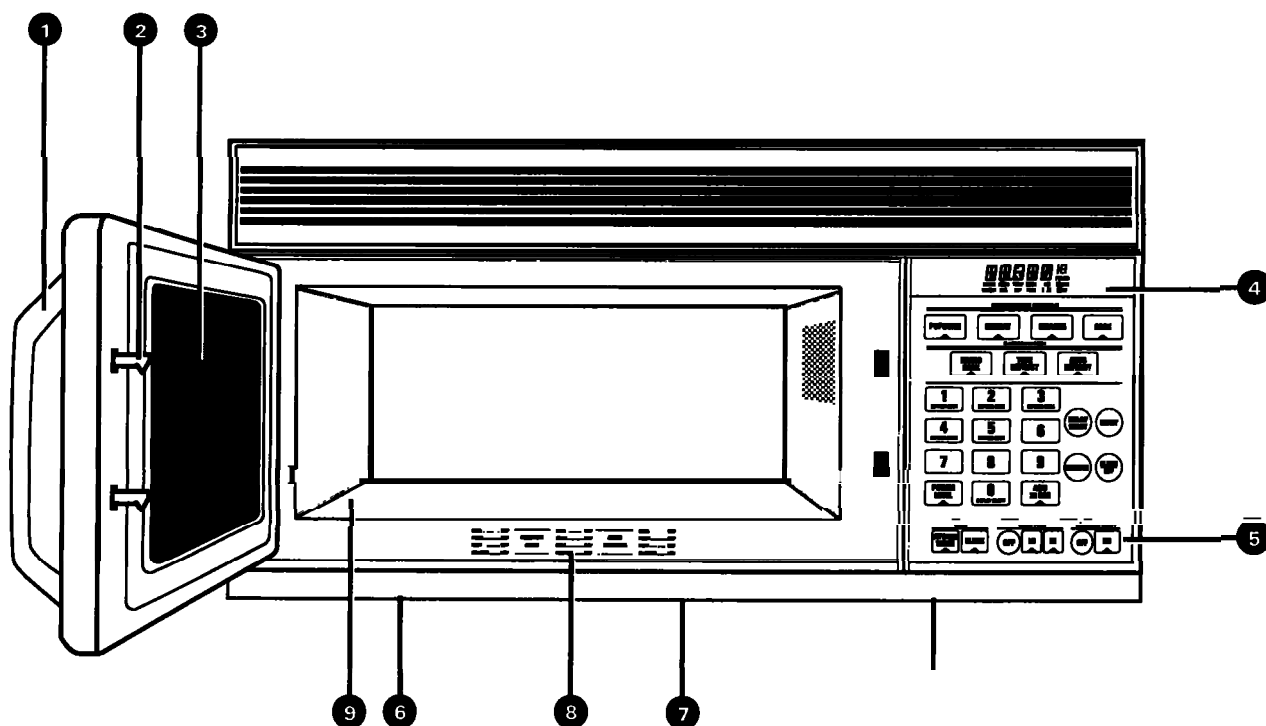
The display panel displays "88888", "18 **POWER**" and **all** of the oven functions. After 15 s-rids, **all** lights **disappear** and "RESET" appears in the upper portion. Touch the **CLEAR/OFF** pad, set the Clock and oven is ready for use.

This **will** happen any time there is a power outage.





FEATURES OF YOUR OVEN



1. Door-tie. Pull to open door. **Door** must be **securely latched** for oven to **operate**.

2. Door Latches.

3. Window with Metal Shield. **Screen** allows cooking to be viewed **while keeping** microwaves **confined** in oven.

4. Touch Control Panel and Digital Display. For **detailed** information on **each feature**, see Your **Touch Control Panel** **section**.

5. Hood Controls.

Vent Fan. Press **HI**, **LO** or **OFF**.

Surface Light. Press **ON** or **OFF**.

6. Grease Filters.

7. Cooktop Light.

8. Automatic Cooking Guide.

9. Oven Floor.

NOTE: Rating plate, oven vent(s) and oven **light** are **located** on the inside walls of the **microwave** oven.

Cooking Complete Reminder (For all cooking features)

To remind you that you have food in the oven, the oven will display **"End"** and beep **once** a minute until you either open **the** oven door or touch the **CLEAR/OFF** pad.

This is to **certify**
that this unit has
been **tested** in
conformance
with AMCA
Bulletin No. 210.

C.F.M.
at 0.10 **WG**
300 **Vert.**
300 **Her.**

SONES
7.2 **Vert.**
6.8 **Her.**

HOW TO USE THE KITCHEN TIMER



The Kitchen Timer

The **Kitchen Timer** has three timing functions:

- It **operates** as a **minute timer**.
- It **can** be set to **delay cooking**.
- It **can** be **used** as a hold **setting after defrosting**.

The Kitchen T-operates without **microwave energy**.

Using a Holding Time

The **Kitchen Timer** **can also** be used to program a “holding time” between microwave **cooking** functions. The time **can** range from one **second** to 99 minutes and 99 seconds. A holding or standing time maybe found in some of your own recipes or in a **cookbook**.

How to Time a 3-Minute Phone Call

Step 1: Touch **KITCHEN TIMER** pad.

Step 2: Touch number pads 3,0 and O (for 3 minutes and no seconds).



Step 3: Touch **START**. Display shows time counting down. The timer **signals** when time is up.

Programming Delayed Cooking

To delay cooking up to 99 **minutes** and 99 seconds, touch **MICRO COOK** and enter cook time. Touch **KITCHEN TIMER** and enter number of minutes to delay cooking. Touch **START**. **Timer will** count down to **zero** and cooking will begin.

How to Defrost, Hold and Micro Cook

Let's say you want to **defrost** a **frozen** casserole for 15 minutes, hold for 10 minutes and then Micro Cook for 25 minutes. Here's how to do it:

Step 1: Take casserole from **freezer** and place in oven.



Step 2: Touch **TIME DEFROST**.

Step 3: Touch pads 1,5,0 and O for 15 minutes defrosting time. Defrosting is automatically set on Power **Level 3** but can be changed by touching the **POWER LEVEL** pad and the desired power level 1-10.



Step 4: Set standing or hold time by touching **KITCHEN** m m .

Step 5: Touch 1,0,0 and O to hold for ten minutes.



Step 6: Touch **MICRO COOK**.

Step 7: Touch 2,5,0 and O for 25 minutes of cooking time.



Step 8: Touch **START**. As **each** function is **automatically** performed, oven display shows **instructions** entered and the function. **When** time is up, the oven signals **and** flashes “End”.



COOKING BY TIME

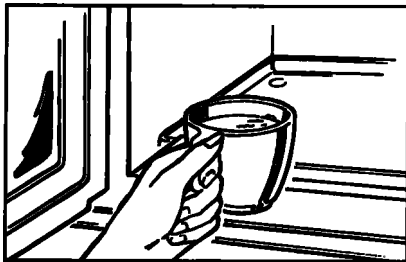
Micro Cook I

Micro Cook allows you to microwave for a preset amount of time.

Power Level 10 (High) is recommended for most cooking, but you may change this for more flexibility. See the **Cooking Guide**.

To become better acquainted with time cooking, make a cup of coffee by following the steps below.

Step 1: Fill a cup 2/3 full of water, add 1 teaspoon of instant coffee and stir to dissolve. Use a cup that has no metal *ration and is microwave-safe (refer to



Microwaving Tips section).

Place cup in oven and close door.



Step 2: Touch MICRO COOK.

Step 3: Select your time. Touch pads 1, 0 and 0 for 1 minute.

Because automatic Power Level 10 is recommended for this cup of coffee, there is no need to change the power level. (If Power Level 10 is not appropriate, see "How to Change Power Level" below.)



Step 4: Touch START.

Step 5: When time is up, the oven signals and flashes "End". The oven, light and fan shut off.

Step 6: Open the door.

If you interrupt Micro Cook to check the food, simply close the door and press START to resume cooking. If there is not time remaining on the timer you must reset the timer to resume cooking.

How to Change Power Level When Setting Mm Cook I

1. Press MICRO COOK.



2. Select cooking time.



3. Press POWER LEVEL.



4. Select desired power level 1-10.



5. Press START.

Using the Micro Cook II Feature

The Micro Cook II feature lets you set 2 time cooking functions within one program. This is ideal if you want to change power levels during your cooking operations. Here's how to do it.

Step 1: Place the food in the oven in a microwave-safe container and close the door.



Step 2: Touch MICRO COOK.

Step 3: Select your first cook time. For example, touch 2, 1 and 5 for 2 minutes and 15 seconds.

Step 4: Now is the time to change the power level if you don't want full power for MICRO COOK. (Press POWER LEVEL. Select desired power level 1-10.)

Step 5: Touch MICRO COOK again.

Step 6: Set your second cook time.

Step 7: Change the power level for MICRO COOK. (Press PO-Mm. Select desired power level 1-10.)



Step 8: Press START:

The microwave oven will start and the time set for "COOK TIME I" will count down. Also, "POWER 10" or the power level selected for "COOK TIME I" will be displayed.

At the end of "COOK TIME I", the second power level is displayed and the time for "COOK TIME II" is shown counting down.

When time is up, the oven signals and flashes "End". The oven, light and fan shut off. Open the door.


If you interrupt Micro Cook to check the food, simply close the door and press START to resume cooking. If there is no time remaining on the timer you must reset the timer to resume cooking.





The Express Cook Feature


The Express Cook feature is a short-cut method to set time for 1-5 minutes.

To Express Cook your food or beverage:

 Touch a number pad (from 1 to 5) for 1 to 5 minutes of cooking at Power Level 10. For example, touch the 2 pad for 2 minutes of cooking time. No need to touch START, the oven will start immediately.







The oven will signal and turn off automatically when finished.

Add 30 Seconds



The Add 30 Seconds feature provides a convenient way to extend cooking time by 30 seconds while the oven timer is counting down. It will add 30 seconds to the time shown each time the pad is touched.

This pad may also be used as an express cook for 30 seconds of cooking. Non-to touch START, the oven will start immediately.

How to Use Delay Start

The Delay Start feature allows you to program your oven to begin cooking at a preset time of day—up to a 12-hour delay.



Step 1: Touch DELAY START pad.

Step 2: Enter the time you want the oven to start. (Be sure your microwave oven clock shows the correct time of day.)

Step 3: Enter your desired cooking program.

Step 4: Touch START pad. The oven will automatically start at the desired time.

POPCORN

The Popcorn feature is designed to be used only with prepackage microwave popcorn weighing 3.0 to 3.5 ounces.

Step 1: Remove the outer wrapper from the microwave popcorn.

Step 2: Open oven door and place package of popcorn in the center of the oven floor as directed by the package instructions. Close oven door.

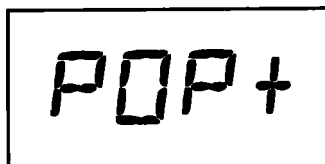


Step 3: Touch POPCORN pad. No need to touch START, the oven will start immediately.

How to Adjust the Popcorn Program to Provide a Shorter or Longer Cook Time

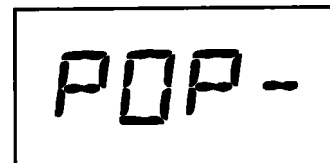
If your favorite popcorn is not completely pop@, there is a simple adjustment you can make.

Touch the POPCORN pad. (The oven will start immediately.) Then touch number pad 9. A plus sign will appear on the display beside the word "POP". The plus sign indicates 20 seconds more cooking time is being provided.



If your favorite popcorn is overcooked, there is a simple adjustment you can make.

Touch the POPCORN pad. (The Oven will start immediately.) Then touch number pad 1. A minus sign will appear on the display beside the word "POP". The minus sign indicates 20 seconds less cooking time is being provided.





SNACKS

The Snacks feature can be used to warm a** of popular snack foods. The oven automatically sets the microwaving times and power levels for you.

Use the Snacks Code Guide. Touch the **SNACKS** pad. For codes 1 to 4 enter the quantity of food. For codes 5 and 6 enter the food weight in ounces. Then touch the **START** pad.

The oven calculates time and changes power levels during microwaving to give even results.

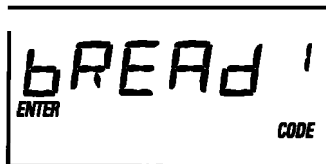
How to Use the Snacks Feature (Snacks Codes 1 to 4)

NOTE: See below on how to use Snacks Codes 5 and 6.

Step 1: Remove the food from the package, place in the oven on microwave-safe dish and close door.



Step 2: Touch the **SNACKS** pad.



Step 3: Touch number pad of desired food code. For example, touch number pad 1 for bread, rolls or muffins. The number and food type you selected will appear on the display. "ENTER" will flash.



Step 4: Touch number pad to enter the quantity of food. For example, touch 2. After 5 seconds "START" flashes on the display.

Step 5: Touch the **START** pad. Oven will begin microwaving. Touching the **SNACKS** pad during microwaving will display the remaining time. When done, oven displays "End".

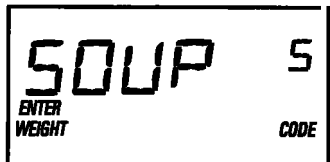
How to Use the Snacks Feature (Snacks Codes 5 and 6)

NOTE: See above on how to use Snacks Codes 1 to 4.

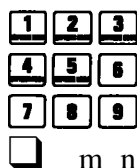
Step 1: Remove the food from the package, place in the oven on microwave-safe dish or container. Close the oven door.



Step 2: Touch the **SNACKS** pad.



Step 3: Touch number pad of desired food code. For example, touch number pad 5 for soup. The code number and food type you selected will appear on the display. "ENTER WEIGHT" will flash.



Step 4: Touch number pad to enter food weight. For example, touch 1 and 2 for 12 ounces. After 5 seconds "START" flashes on the display.

Step 5: Touch the **START** pad. Oven will begin microwaving. Touching the **SNACKS** pad during microwaving will display the remaining time. When done, oven displays "End".

SNACKS CODE GUIDE



Codes 1 to 4

For warming foods with Snacks Codes 1 to 4 use **the** following guide:

Food	Code	Display	Quantity Limit (QTY)	Comments
Bread, rolls, muffins	1	bREAd	1 to 4	Use paper towel or microwave-safe plate .
Sandwiches	2	SANdW	1 to 2	Use paper towel or microwave-safe plate .
Pizza (leftover slices)	3	PIZ	1 to 4	Use microwave-safe plate .
Dessert Toppings	4	TOP	1 to 4	Use microwave-safe dish .

Codes 5 and 6

For **warming** foods with Snacks Codes 5 and 6 use the following guide:

Food	Code	Display	weight Limit (OZ)	Comments
soup	5	SOUP	8 to 40 oz.	Use microwave-safe dish .
Cheese Dip	6	C -	4 to 16 OZ.	If container is microwaveable, follow instructions on container; or use microwave-safe dish .



REHEAT

The Reheat feature is designed to reheat 1 to 3 servings of a previously **cooked** food. The oven turns off automatically after a preset amount of time.

Touch just 3 pads to use **Reheat** codes 1 to 6 to reheat many popular foods. See the Reheat Guide **below**.

Reheat

The Reheat program **makes it** a snap to reheat many **popular** foods. Choose a code number from 1 to 6 (see Reheat **Guide** below).



Step 1: Touch **REHEAT** pad.

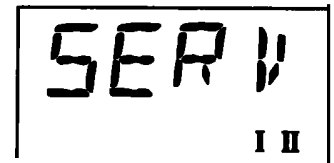
Step 2: Touch a number pad from **1** to 6 to **select** a food group.

Step 3: Touch **START** pad. Oven will **signal** and **turn** off automatically when **finished**.

To Reheat More Than One Serving

Reheat codes 1 through 5 let you heat up to three servings. To add more than one serving, just touch number pad 2 or 3 right before touching **START**.

The word "**SERV**" and a number will be displayed to show how many servings have been selected.



The **serving** size may even be changed or added after touching **START**. Just touch number pad 2 or 3.

Reheat Guide

Code	Display	Serving Size	Time per Serving	Foods Recommended
1	PASTA	1-3	2 min. 10 sec.	Pasta
2	MEATS	1-3	1 min. 30 sec.	Meats, casseroles, pizza
3	VEGS	1-3	1 min. 15 sec.	Fruits and vegetables
4	bEV	1-3	1 min. 30 sec.	Beverages
5	SAUCE	1-3	1 min. 15 sec.	Sauces and gravies
6	PLATE		3 min. 45 sec.	2 to 3 foods, 4 OZ. each

CAUTION: Reheated foods may have wide variations in temperature. Some areas maybe **extremely** hot.

*removing food from the oven, we **recommend** that **all reheated** foods be **stirred**, if possible, to even out the temperature.

COOK



Use the Cook **feature** when coo-a **variety** of **microwaved** foods. The oven **automatically sets** the m-ties and power **levels** for **you**.

Use **the** Cook Code Guide. Touch the COOK pad. Touch a number pad **from** 1 to 9 to select the desired food group. Enter the food weight in **ounces**, then touch the **START** pad.

The oven **calculates** cooking time and changes power levels during cooking to give even cooking **results**.

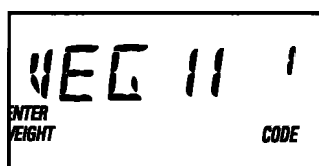
How to Use the Cook Feature

Step 1: Remove the food **from the** package, place in the oven on microwave-safe dish and close door.

Step 2: Touch the COOK pad.



Step 3: Touch number pad of desired food code. For example, touch number pad 1 for canned vegetables. The code number and food type you selected **will** appear on the display. **"ENTER WEIGHT"** will flash.



Step 4: Enter weight. For example, touch 1 and 8 for 18 ounces. After 5 seconds **"START"** flashes on the display.



Step 5: Touch **the START** pad. Oven will begin cooking. Touching the **COOK pad** during cooking will display **the** remaining Cook time. Oven displays **"End"** when cooking is done.

Cook Code Guide

Food	Cook Code	Weight Limit (OZ)	Cements
canned Vegetables	1	4 to 20 oz.	Use microwave-safe casserole or bowl. Cover with lid or plastic wrap.
Frozen Vegetables	2	4 to 16 OZ.	Use microwave-safe casserole or bowl. Follow package instructions for adding water. Cover with lid or Plastic wrap .
Fresh Vegetables	3	4 to 16 OZ.	Use microwave-safe casserole or bowl. Add 2 tablespoons water for-h serving. Cover with lid or plastic wrap.
Potatoes	4	8 to 40 OZ.	Pierce skin with fork. Place side by side on oven floor.
Fish	5	4 to 16 OZ.	Use oblong, square or round dish. Cover with plastic wrap.
Chicken Pieces	6	4 to 40 oz.	Use oblong, square or round dish. Cover with wax paper.
Ground Meat (Beef, Pork, rekey)	7	8 to 48 OZ.	Use round casserole dish. Crumble meat into dish. Cover with wax paper.
Bacon	8	2 to 10 oz.	Layer strips on a plate, 4 to a layer. Cover each layer with a paper towel.
Pizza (frozen microwaveable)	9	4 to 16 OZ.	Follow package instructions to prepare pizza for microwaving.



DEFROSTING BY TIME

Time Defrost (Power Level 3)

Time Defrost is designed for speedy thawing of frozen food and is one of the tad-~ of a microwave oven.

Use the Time Defrost setting to quickly thaw foods such as bread, rolls, vegetables, fruits and **frozen** dinners. The Auto Defrost setting is **preferred** for meat and poultry **because** the oven sets the defrosting time and power levels for you.

- Power **Level 3** is **automatically** set when you press **TIME DEFROST** pad, but you may change this for more flexibility.
- **See** the Defrosting Guide for defrosting help.

How to **Change Power Level**

1. Press **TIME DEFROST**. ☐ B B
2. Select defrosting time. ☐ Q m
3. Press **POWER LEVEL**. ☐ 7 8 9
4. Select desired power level 1–10. ☐ m u
5. Press **START**.

To become better **acquainted** with the defrost function, defrost a 10 oz. **package** of **frozen** strawberries by following the steps below.

Step 1: Place a package of **frozen strawberries** in the oven **and** close door. Be sure **package** contains no **metal**.



Step 2: Touch **TIME DEFROST**.

Step 3: Select one **half** of the **total** defrosting time **recommended**. For example, touch pads 4, 0 and 0 for 4 minutes.

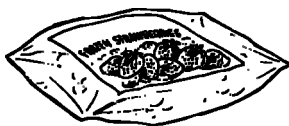


Step 4: Touch **START**. **When** the cycle is completed, the oven signals and **flashes** “End”, then automatically shuts off.

Step 5: Turn the **package** over, close the door and repeat Steps 2 and 3 to set remaining **half** of defrosting time. Touch **START**.

Step 6: **When** the oven signals **and** flashes “End”, open the door, remove the **package** and separate **strawberries** to finish defrosting.

Defrosting Tips



- Foods frozen in **paper** or **plastic** can be **defrosted** in the **package**. **Tightly** closed **packages** should be **slit**, **pierced** or **vented**, **AFTER** food has partially **defrosted**, **as directed** by **package**. Plastic storage containers should be at least partially uncovered.
- Family-size, **pre-packaged frozen** dinners can be defrosted and **microwaved**. If the food is in a **foil** container, transfer it to a **microwave-safe** dish.
- For even defrosting, some foods need to be broken up or separated part of the way **through** the defrosting time.
- Foods that spoil easily, such as **milk**, eggs, fish, stuffings, poultry and pork **should** not be allowed to sit out for more **than** one hour after defrosting. Room **temperature** **promotes** the **growth** of harmful **bacteria**.
- Check the Defrosting Guide for other defrosting tips.



Questions and Answers

Q. When I press START, I hear a dull thumping noise. What is it?

A. This sound is normal. It is letting you know the magnetron is in operation.

Q. Can I defrost small items in a hurry?

A. Yes, but **they** will need more **frequent** attention than usual. Raise the power level after entering the time by touching the **desired** power level pad. Power **Level 7** cuts the **total** defrosting time in about **1/2**; Power **Level 10** cuts the **total** defrosting time to **approximately 1/3**. During either, rotate or stir food **frequently**.

AUTO DEFROST



Auto Defrost

With the Auto-f= the oven automatically sets the defrost times and power levels for you.

Use the Auto Defrost Guide. Enter the food weight in pounds and tenths of a pound (see Conversion Guide below). Then touch **START** pad.

The oven calculates defrosting time and changes power levels during defrosting to give even defrosting results.

How to Set Auto Defrost

Before you begin, check the guide located on the inside front of oven when you open the door.

It shows minimum and maximum food weights for a variety of foods. You will need to know your food weight before setting Auto Defrost.

Step 1: Remove food from package, place in oven on microwave-safe dish and close door.



Step 2: Touch **AUTO DEFROST** pad.

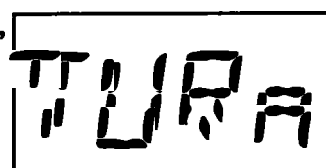
Step 3: Enter weight. For example, touch number pads 1 and 2 for weight of 1.2 pounds (1 pound, 3 ounces). See Conversion Guide below. After approximately 5 seconds "START" flashes.



Step 4: Touch **START** pad. Display shows defrost time counting down.

Twice during defrosting, the oven beeps 4 times and "TURN" flashes.

Follow the directions in the Auto Defrost Guide for what to do at the first and second signal. Then close the door and touch **START** pad.



When defrosting time is completed, "End" flashes and oven beeps 4 times. "End" remains on display and oven beeps every minute until door is opened or **CLEAR/OFF** pad is touched.

Stand Time

After Auto Defrosting, meat needs to stand in order to let the inside defrost. You may take the food out of the oven if you wish. Stand time recommendations are given in the Auto Defrost Guide.

Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

ounces	Pounds
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9



AUTO DEFROST GUIDE

RECOMMENDED FOODS	MIN.-MAX. WEIGHT	FIRST SIGNAL	SECOND SIGNAL	STAND TIME
Chops	0.1 -6.0 lbs.	Turn over.	Separate and shield where necessary .	5 minutes
Frankfurters, Sausage	0.1 -6.0 lbs.	Separate.	Remove defrosted pieces.	2 minutes
Ground Meat	0.1 -6.0 lbs.	Turn over.	Remove defrosted areas and break apart .	5 minutes
Beef Patties	0.1 -6.0 lbs.	Turn over.	Separate patties.	5 minutes
Roast	0.1 -6.0 lbs.	hover and shield.	Shield if necessary.	30 minutes
Ribs	0.1 -6.0 lbs.	Turn over.	Remove defrosted pieces . Shield if necessary .	10 minutes
Steak	0.1 - 6.0 lbs.	Turn over.		5 minutes
stew	0.1 -6.0 lbs.	Turn over and separate .	Separate and remove defrosted pieces .	5 minutes
Whole Chicken	0.1 -6.0 lbs.	Turn over and shield.	Turn over and shield.	10 minutes ; run cold water in cavity.
Turkey Breast (breast side up)	0.1 -6.0 lbs.	Turn over.	Shield where necessary .	20 minutes ; run cold water in cavity.
Chicken Pieces	0.1 -6.0 lbs.	Turn over.	Separate and remove defrosted pieces.	5 minutes
Cornish Hens (whole)	0.1 -6.0 lbs.	Remove wrapper and turn over .		10 minutes; run cold water in cavity.
Cornish Hens (solit)	0.1 - 6.0 lbs.	Turn over.		5 minutes
Fish Fillets	0.1 -6.0 lbs.	Turn over.	Separate and remove defrosted pieces.	5 minutes
Shrimp, Scallops	0.1 -6.0 lbs.	Separate.	Separate and remove defrosted pieces.	5 minutes
Whole Fish	0.1 -6.0 lbs.	Turn over and shield tail and head .		Hold under cold running water.

Edges or thin **areas** of meat will defrost **more** rapidly **than** other **areas**.
After first or second signal, shield warm **areas** with **small** pieces of foil.

GLOSSARY OF MICROWAVE TERMS



When adapting recipes for the microwave, it is best to start with a familiar recipe. Knowing how the food should look and taste will help when adapting recipes for microwaving. Foods that require browning or crisp, dry surfaces will cook better in ovens.

- Moist foods, such as **vegetables, fruits, poultry and seafood**, microwave well.
- **Rich** foods, such as bar cookies, moist cakes and candies, are suitable for microwaving because of their high fat **and** sugar content.
- **Reduce regular oven cooking times** by 1/2 to 1/3. Check food after minimum time to avoid overcooking.
- **Small amounts** of butter or **oil** can be used for flavoring, but are not **needed** to prevent sticking.
- Seasonings may need to be reduced. **Salt** meats **and** vegetables after cooking.

Covering. In both regular **baking and** microwave cooking, covers hold in moisture, allow for more even heating and **reduce** cooking time. In regular ovens, partial covering allows excess steam to escape. Venting plastic wrap or **covering with** wax paper serves **the** same purpose when microwaving.

Venting. *covering a dish **with** plastic wrap, you vent the plastic wrap by turning back 1 corner so **excess** steam can escape.

Arranging Food in Oven. When **baking in regular** ovens, you position foods, such as cake **layers** or **potatoes**, so hot air can flow **around them**. When microwaving, you **arrange** foods in a ring, so that **all sides=** exposed to microwave **energy**.

Stirring. In **range-top** cooking, you stir foods up from the bottom to **heat** them **evenly**. When microwaving, you stir in **inked** portions from the outside to the center. Foods that **require** constant stirring **will** need **only** occasional stirring when microwaving.

Turning Over. In **range-top cooking**, you turn over foods, such as hamburgers, so both **sides can directly contact** the hot pan. When microwaving, turning is **often** needed during **defrosting** or when cooking certain foods, such as **frozen** hamburgers.

Standing Time. When you cook with **regular** ovens, foods such as roasts or **cakes** are allowed to **stand** to **finish** cooking or to set. Standing time is **especially important** in **microwave** cooking. Note that a **microwaved** cake is not placed on a cooling rack.

Shielding. In a regular oven, you shield chicken **breasts** or **baked** foods to prevent **over-browning**. When microwaving, you use **small strips** of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before **larger parts**.

Arcing. Sparks caused by too much* in the **microwave** oven or **metal** touching the side of the oven or **foil** that is not molded to food.

Prick Foods to Release Pressure. Steam **builds up pressure in foods that are tightly** covered by a skin or membrane. Prick foods, such as potatoes (as you do before **regular** oven cooking), egg **yolks** and chicken livers, to **prevent** bursting.

Rotating. Occasionally, repositioning a dish in the oven helps food cook more evenly. To rotate 1/2 turn, turn the dish **until** the side that was to the back of the oven is to the front. To rotate 1/4 turn, turn the dish **until** the side that **was** to the back of the oven is to the side.

Basic Microwave Guidelines

Density of Food. In both regular baking and microwave **cooking**, dense foods, such as potatoes, take longer to **cook** than light, porous foods, such as rolls, bread or **pieces** of **cake**.

Round Shapes. Since microwaves penetrate **foods** to about 1 inch from top, bottom and sides, round shapes **and** rings **cook** more evenly. Corners receive more energy and may **overcook**. This may **also** happen when cooking in a regular oven.

Delicacy. Foods with a delicate texture, such as custards, are best cooked at lower power settings to avoid toughening.

Natural Moisture of food affects how it cooks. Very moist foods cook evenly because microwave **energy** is attracted to water molecules. Food that is uneven in moisture should be covered or allowed to stand so it heats evenly.

Piece Size. Small pieces cook faster **than** large ones. **Pieces that are similar in size and shape** cook **more** evenly. **With** large **pieces** of food, reduce the power setting for even cooking.

Shape of Food. In both types of cooking, thin-cook faster than thick areas. This can be controlled in microwaving by placing thick pieces near the outside **edge** and thin pieces in the center.

Starting Temperature. Foods taken from the freezer or refrigerator take longer to cook **than** foods at room temperature. Timings in our **recipes** are based on the **temperatures** at which you **normally store the** foods.

Quantity of Food. In **both types** of cooking, **small** amounts usually take **less** time than large **amounts**. This is most apparent in microwave cooking, where time is **directly** related to the number of servings.

Shelf (on models so equipped). Use the shelf to heat more than 1 dish at a time. Take the shelf out when you **are** not using it.



HEATING OR REHEATING GUIDE

NOTE: Use Power **Level High (10)** unless **otherwise noted**.

1. Directions below are for heating or reheating already-cooked foods stored in refrigerator or at room temperature. USE microwave-safe cookware.
2. Cover most foods for fastest heating. Exceptions are some sandwiches, griddle foods and baked items.
3. Bubbling round edges of dish is normal, since the center is the last to heat. Foods heated to 160°F. to 165°F. will provide safe,

palatable results. Adjust temperatures to suit your personal taste. Let foods stand a few minutes before serving.

- 4 Be sure foods are heated throughout before serving. Steaming or bubbling around edges of dish does not necessarily mean food is heated throughout.

If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.

Item	Amount	Power Level	Time
Bakery Foods			
Cake, coffee cake, doughnuts, Sweet rolls, nut or fruit bread	1 piece 9 inch cake or 12 rolls or doughnuts	Low (3) Low (3)	1/4 to 1/2 min. 2 to 4 min.
Dinner rolls, muffins	1 6 to 8	Medium (5) Medium (5)	1/4 to in min. 1 to 2 min.
Pie: fruit, nut or custard; 1 slice=1/8 of 9 inch pie (use minimum time for custard)	1 slice 9 inch pie	Med-High (7)	into 1 min. 3 to 5 min.
Beverages			
Cocoa, other milk based drinks (6 oz. per cup)	1 to 2 cups	Med-High (7)	2 to 4 min.
Coffee, & ~ ~ h (6 0 ~ per cup)	1 to 2 cups		2 to 3 min.
Meats and Main Dishes			
Chicken pieces	1 to 2 pieces		1 to 2 min.
Hamburgers or meatloaf (4 oz. per serving)	1 to 2 servings		1 to 2 min.
Hot dogs and sausages	1 to 2		1 to 1½ min.
Rice and pasta (2/3-3/4 cup per serving)	1 to 2 servings		1 to 2 min.
Saucy, main dishes: chop suey, spaghetti, creamed chicken, chili, stew, macaroni and cheese, etc. (3/4-1 cup per serving)	1 to 2 servings		2 to 4 min.
Steaks, chops, ribs, meat pieces	1 to 2 servings	Med-High (7)	1% to 2½ min.
Thinly-sliced meat (3 to 4 oz. per serving)	1 to 2 servings	Med-High (7)	1 to 2 min.
Topped or mixed with sauce (2/3-3/4 cup per serving)	1 to 2 servings		2 to 4 min.
Tip: Cover saucy main dishes with plastic wrap. Cover other main dishes and- with wax paper. reheating or reheating 3 to 4 servings of-slices or pieces, rotate dish 1/2 turn after half of cooking time.			
Plate of Leftovers			
Meat plus 2 vegetables	1 plate		3 to 4 min.
Tip: Cover plate of food with wax paper or plastic wrap.			
Sandwiches			
Meat-cheese filling: with 2 slices of bread	1 to 2 servings	Med-High (7)	1 to 2 min.
Moist filling: sloppy Joes, barbecue, ham salad, etc. in bun (1/3 cup per serving)	1 to 2 servings	Med-High (7)	1 to 2 min.
Tip: Use paper towel or napkin to cover sandwiches.			
Soups			
Milk-based (6 oz. per serving)	1 to 2 servings	Med-High (7)	1½ to 4 min.
Water-based (6 oz. per serving)	1 to 2 servings		1½ to 3 min.
Tip: cover soups with wax paper or plastic wrap.			
Vegetables			
Large pieces or whole: asparagus spears, corn on the cob, etc.	1 to 2 s -		1 to 3 min.
Mashed (1/2 cup per serving)	1 to 2 servings		2 to 4 min.
Small pieces: peas, beans, corn, etc. (1/2 cup per serving)	1 to 2 servings		1½ to 3 min.
Tip: Cover vegetables for most even heating.			

DEFROSTING GUIDE



1. Food packaged in paper or plastic may be defrosted without unwrapping. If food is foil wrapped, -eve foil and place food in cooking dish for defrosting. Most food defrosts well using Defrost (3). For more even defrosting of larger foods, such as beef, lamb and veal roasts, use Warm (1).
2. After first half of defrosting time, unwrap package and check food. Turn food over, if necessary; break apart or separate food impossible. Shield any warm areas with small pieces of foil.

3. Be sure large meats are completely defrosted before cooking.
4. When defrosted, food should be cool but softened in all areas. If still slightly icy, return to microwave oven very briefly, or let stand a few minutes.

Food	Time	Comments
Breads, Cakes [Power Level: Defrost (3)]		
Bread, buns or rolls (1 piece)	1 min.	
Sweet rolls (approx. 12 oz.)	3 to 5 min.	Rearrange after half of time.
Fish and Seafood [Power Level: Defrost (3)]		
Fillet, frozen (1 lb.)	7 to 9 min.	
Shellfish, small pieces (1 lb.)	5 to 7 min.	Place block in casserole. Turn over and break up after first half of time.
Fruit [Power Level: Defrost (3)]		
Plastic pouch—1 to 2 (10-oz. package)	3 to 6 min.	
Meat [Power Level: Defrost (3)]		
Bacon (1 lb.)	3 to 5 min. per lb.	Place unopened package in oven. Let stand 5 minutes after defrosting.
Franks (1 lb.)	3 to 5 min.	Place unopened in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting.
G - m - t (1 lb.)	5 to 7 min.	Turn meat over after first half of time.
Roast: beef, lamb, veal, pork	12 to 16 min. per lb.	Use Power Level Warm (1).
Steaks, chops and cutlets	6 to 8 min. per lb.	Place unwrapped meat in cooking dish. * over after first half of time and shield warm areas with foil. After second half of time, separate pieces with tile knife. Let stand to complete defrosting.
Poultry [Power Level: Defrost (3)]		
Chicken, broiler-fryer, cut up (2½ to 3 lbs.)	16 to 20 min.	Place wrapped chicken in dish. Unwrap and turn over after first half of time. After second half of time, separate pieces and place in cooking dish. Microwave 2 to 4 minutes more, if necessary. Let stand a few minutes to finish defrosting.
Chicken, whole (2½ to 3 lbs.)	18 to 22 min.	Place wrapped chicken in dish. After first half of time, unwrap and turn chicken over. Shield warm areas with foil. To complete defrosting, run cool water in cavity until giblets can be removed.
Cornish hen	8 to 14 min. per lb.	Place unwrapped hen in oven tit-side-up. Turn over after first half of time. Run cool water in cavity until giblets can be removed.
Turkey breast (4 to 6 lbs.)	6 to 10 min. per lb.	Place unwrapped breast in microwave-safe dish breast-side-down. After first half of time, turn breast-side-up and shield warm areas with foil. Defrost for second half of time. Let stand 1 to 2 hours in refrigerator to complete defrosting.



COOKING GUIDE

NOTE: Use Power Level High (10) unless otherwise noted.

Vegetables

Vegetable	Amount	Time	Comments
Asparagus (frozen spears)	1 lb.	7 to 9 min., Med-High (7)	In 1½-qt. oblong glass baking dish, place 1/4 cup water. Rotate dish after half of time.
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt. casserole.
Beans (fresh green)	1 lb. cut in half	10 to 12a.	In 1½-qt. casserole, place 1/2 cup water.
(frozen green)	10-oz. package	6 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
(frozen lima)	10-oz. package	6 to 8 min.	In 1-qt. casserole, place 1/4 cup water.
Beets (fresh, whole)	1 bunch	18 to 22 min.	In 2-qt. casserole, place 1/2 cup water.
Broccoli (fresh cut)	1 bunch (1¼ to 1½ lbs.)	8 to 10 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh spears)	1 bunch (1¼ to 1½ lbs.)	10 to 13 min.	In 2-qt. oblong glass baking dish, place 1/4 cup water. Rotate dish after half of time.
(frozen, chopped)	10-oz. package	5 to 7 min.	In 1-qt. casserole.
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Cabbage (fresh)	1 medium head (about 2 lbs.)	9 to 11 min.	In 1½- or 2-qt. casserole, place 1/4 cup water.
(wedges)		8 to 10 min.	In 2- or 3-qt. casserole, place 1/4 cup water.
Carrots (fresh, sliced)	1 lb.	7 to 9 min.	In 1½-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Cauliflower (flowerets)	1 medium head	10 to 14 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh, whole)	1 medium head	10 to 17*.	In 2-qt. casserole, place 1/2 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn (frozen kernel)	10-oz. package	5 to 7-.	In 1-qt. casserole, place 2 tablespoons water.
Corn on the cob (fresh)	1 to 5 ears	3 to 4 min. per ear	In 2-qt. oblong glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup water. Rearrange after half of time.
(frozen)	1 ear 2 to 6 -	5 to 6 min. 3 to 4 min. per ear	Place in 2-qt. oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.
Mixed, vegetables (frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Peas (fresh, shelled)	2 lbs. unshelled	10 to 12*.	In 1-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Potatoes (fresh, cubed, white)	4 pores (6 to 8 oz. each)	10 to 12 min.	Peel and cut into 1 inch cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time.
(fresh, whole, sweet or white)	1(6 to 8 oz. each)	3 to 4 min.	Pierce with cooking fork. Place in the oven, 1 inch apart, in circular arrangement. Let stand 5 minutes.
Spinach (fresh)	10 to 16 oz.	5 to 7 min.	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Squash (fresh, summer and yellow)	1 lb. sliced	5 to 7 min.	In 1½-qt. casserole, place 1/4 cup water.
(winter, acorn or butternut)	1 to 2 squash (tit 1 lb. each)	8 to 11 min.	Cut in half and remove fibrous membranes. In 2-qt. oblong glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.

CARE AND CLEANING



Keep your oven clean and sweet-smelling. Opening the oven door a few minutes after **cooking** helps air out the inside. An **occasional** through wiping with a solution of **baking** soda and water **keeps** the inside fresh.

Don't use sharp-edged utensils on **your** oven. The inside and outside oven walls can be scratched. The **control** panel can be damaged.

BE CERTAIN POWER IS OFF BEFORE CLEANING ANY PART OF THIS OVEN.

How to Clean the Inside

Walls and floor. Some spatters can be removed with a paper towel, others may **require** a damp cloth. Remove greasy spatters with a **sudsy** cloth, then rinse with a damp cloth. Do not use abrasive **cleaners** on oven walls. NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.

Door (inside). Window: Wipe up spatters daily and wash when soiled with a damp cloth. Rinse **thoroughly** and dry.

Metal and plastic parts on door: Wipe **frequently** with a damp **cloth** to remove **all** soil. DO NOT USE **ABRASIVES, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. THEY WILL DAMAGE THE SURFACE.**

S-note when using Brown 'N Sear Dish: If **grease** is **present**, high heat **generated** on bottom of a **Brown 'N Sear** dish may cause the grease to burn onto the oven tray. This may be removed with a cleanser such as Bon **Ami**[®] brand cleanser.

After using Bon **Ami**[®] brand cleanser, rinse and dry **thoroughly** following instructions on can. Do not use Bon **Ami**[®] brand **cleanser** on the painted surfaces such as the walls. It may scratch the paint.

How to Clean the Outside

Cm. Clean the **outside** of your oven **with** soap and damp cloth, rinse with a damp cloth and then dry. Wipe the window clean with a damp cloth. Chine trim is best wiped with a damp cloth and then **with** a dry towel.

Control Panel. Wipe with a damp cloth. Dry **thoroughly**. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp **objects** on the panel-they can damage it.

Door Surface. When cleaning surfaces of door and oven that **come** together on closing the door, use only **mild**, non-abrasive soaps or detergents applied with a sponge or **soft cloth**.

Power Cord. If the **cord** becomes **soiled**, unplug and wash with a damp **cloth**. For stubborn spots, **sudsy** water may be used, but be **certain** to rinse with a damp cloth and dry thoroughly before plugging **cord** into **outlet**.

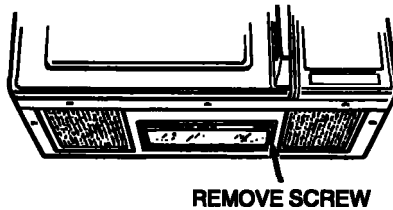


LIGHT BULB REPLACEMENT

Cooktop Light

To replace cooktop light, first **disconnect power at main fuse or circuit breaker panel or pull plug.**

Remove screw on right side of light compartment cover and lower cover until it stops.



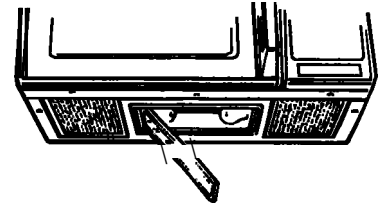
Be **sure bulbs** to be replaced are cool before removing.

Break the adhesive seal by gently unscrewing the

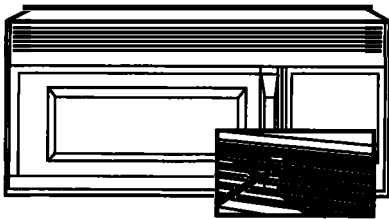
bulbs. Replace with **40-watt incandescent**

bulbs (**WB02X4253**) available from your GE supplier.

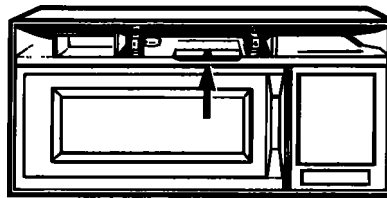
High intensity 40-watt bulbs (40S1 IN/1), which are available in **supermarkets** and **hardware stores**, may **also** be used for replacements. Raise light compartment cover and replace screw. **Connect** electrical power to **microwave oven**.



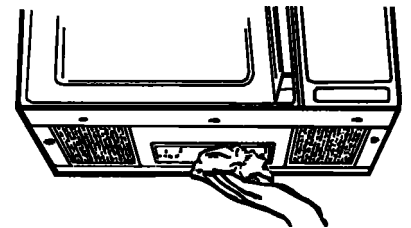
Oven Light



To **replace your oven light**, first **disconnect power at main fuse or circuit breaker panel or pull plug**. Remove the top grill by taking out the 2 screws that hold it in place.



Next, remove the single screw located above door **near center** of oven that secures light housing. Replace burned-out bulb with a **30-watt incandescent bulb (WB02X4235)**, available from your GE supplier.



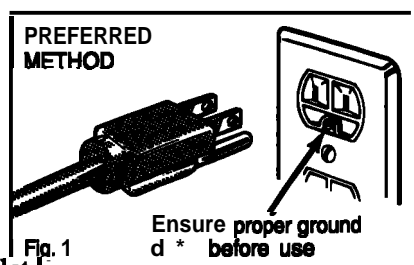
Clean off the grease and dust on hood **surfaces often**. Use a solution of warm **water and detergent**. About 1 **tablespoon** of **ammonia** may be added to the water. Take **care** not to touch the filters and enamel surfaces **with** this solution; ammonia **will** darken **metal**.

GROUNDING INSTRUCTIONS



This appliance must be grounded. In the event of an **electrical short circuit**, grounding reduces the risk of **electric shock** by providing an escape wire for the electric **current**. This appliance is **equipped** with a power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly **installed** and grounded. (Fig. 1)

WARNING—Improper use of the **grounding plug** can result in a **risk of electric shock**.



Consult a **qualified electrician** or service **technician** if the grounding **instructions** are not completely understood, or if doubt exists as to whether the **appliance** is properly grounded.

Where a standard 2-prong **wall receptacle** is encountered, it is your personal responsibility and obligation to have it replaced with a properly grounded 3-prong **wall receptacle**.

Do not under any circumstance cut or remove the third (ground) prong from the power cord.

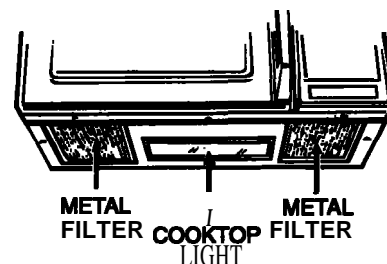
Do not use an adapter plug with this appliance.

Do not use an extension cord with this appliance.

THE EXHAUST FEATURE



The **exhaust hood** feature on your microwave oven is **equipped** with two **metal filters** which **collect grease**. When the fan is operated, air is drawn up through the **filters** and is then **discharged** through the provided venting to the outside.

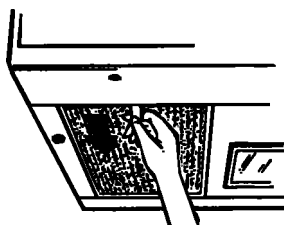


Reusable Grease Filters

The grease filters should be cleaned at least once a month. Never operate the microwave without the filters in **place**. In situations where flaming might occur on **surfaces** below hood, filters will stop the entry of flames into the unit.

To Remove Grease Filter

To remove **filter**, grasp the **"finger hold"** on the filter and slide to the **rear**. Then **pull** filter downward and to the **front**. The filter will drop out.



To Clean and Replace Grease Filter

To **clean** grease **filter**, **soak** it and then agitate filter in solution of hot water and detergent. **Don't** use ammonia or ammonia products **because** they will darken the **metal**. Light brushing can be used to remove embedded dirt.

Rinse, shake and remove moisture before replacing.

To **rep- filter**, slide the filter **in** the frame slot on the back of the opening.

Pull filter **upward** and to the front to lock into pi-

(continued next page)



THE EXHAUST FEATURE

(continued)

Charcoal Filter Kit (for some models)

There is a **Recirculating** Charcoal Filter Kit **available** for models that **are** not **vented** to the outside. Filter Kit model **JX81A** can be **ordered** from your GE supplier. Ask for part **WB02X9883**.



QUESTIONS? USE THIS PROBLEM SOLVER

PROBLEM	POSSIBLE CAUSE
OVEN WILL NOT COME ON	<ul style="list-style-type: none"> • A fuse in your home maybe blown or the circuit b-tripped. Replace fuse or reset circuit breaker. • Unplug your microwave oven, then plug it back in. • Make sure 3-prong plug on oven is fully inserted into wall receptacle.
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	<ul style="list-style-type: none"> • Door not securely closed. • START pad must be touched after entering cooking selection. • Another selection entered already in oven and CLEAR/OFF pad not touched to cancel it. • Make sure you have entered cooking time* touching MICRO COOK pad. • CLEAR/OFF pad was touched accidentally. Reset cooking program and touch START pad.
FLOOR OF THE OVEN IS WARM, EVEN WHEN THE OVEN HAS NOT BEEN USED	<ul style="list-style-type: none"> • The cooktop lamp is located-y below the oven floor. When the lamp is on, the heat it produces makes the oven floor get warm. This is normal.

All these things are normal with your microwave oven:

- Steam or vapor **escaping** from around the door.
- Light **reflection** around door or outer case.
- **Dimming** oven light and change in blower sound may occur while operating at power levels other than high.
- Dull thumping sound while oven is operating.
- Some ~-Radio **interference** might be noticed while using your microwave oven. It's similar to the interference **caused** by other **small** appliances and **does** not indicate a problem with your oven.

If you need more help...call, toll free: GE Answer Center® / 800.626.2000 / consumer information service

NOTES

NOTES

We'll Be There

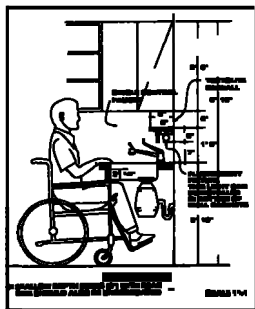
With the purchase of your new GE appliance, receive the assurance that if you ever need information or assistance from GE, we'll be there. All you have to do is call—toll-free!

In-Home Repair Service **800-GE-CARES (800-432-2737)**

AGE consumer service profession will provide expert repair service, scheduled at a time that's convenient for you. Many GE Consumer Service company-operated locations offer you service today or tomorrow, or at your convenience (7:00 a.m. to 7:00 p.m. weekdays, 9:00 a.m. to 2:00 p.m. Saturdays). & factory-tied technicians know your appliance inside and out—so most repairs can be handled in just one visit.

GE Answer Center® **800.626.2000**

Whatever your question about any GE major appliance, GE Answer Center® information service is available to help. Your call—and your question—will be answered promptly and courteously. And you can call any time. GE Answer Center® service is open 24 hours a day, 7 days a week.



For Customers With Special Needs...

Upon request, GE will provide Braille controls for a variety of GE appliances, and a brochure to assist in planning a barrier-free kitchen for persons with limited mobility. To obtain these items, free of charge, call 800.626.2000.

Consumers with impaired hearing or speech who have access to a TDD or a conventional teletypewriter may call 800-TDD-GEAC (800-833-4322) to request information or service.

Service Contracts **800-626-2224**

You can have the secure feeling that GE Consumer Service will still be there after your warranty expires. Purchase a GE contract while your warranty is still in effect and you'll receive a substantial discount. With a multiple-year contract, you're assured of future service at today's prices.

Parts and Accessories **800-626-2002**

Individuals qualified to service their own appliances can have needed parts or accessories sent directly to their home. The GE parts system provides access to over 47,000 parts...and all GE Genuine Renewal Parts are fully warranted. VISA, MasterCard and Discover cards are accepted.

User maintenance instructions contained in this booklet cover procedures intended to be performed by any user. Other servicing generally should be referred to qualified service personnel. Caution must be exercised, since improper servicing may cause unsafe operation.

YOUR GE MICROWAVE OVEN **WARRANTY**

Staple sales slip or **cancelled check** here. Proof of original **purchase date** is needed to **obtain service** under **warranty**.

WHAT IS COVERED

FULL ONE-YEAR WARRANTY

For one year from date of original purchase, we will provide, free of charge, parts and se-labor in your home to repair or replace **any part of the microwave oven** that fails because of a manufacturing defect..

LIMITED ADDITIONAL NINE-YEAR WARRANTY

For the second through tenth year from date of original purchase, we will provide, free of charge, a replacement **magnetron tube** if the magnetron tube fails because of a manufacturing defect. You pay for the service trip to your home and service labor charges.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use in the 46 mainland states, Hawaii and Washington, D.C. In Alaska the warranty is the same except that it is LIMITED because you must pay to ship the product to the service shop or for these- technician's travel costs to your home.

All warranty service will be provided by our **Factory Service Centers** or by our **authorized Customer Care®** servicers during normal working hours.

Should your appliance need service, during warranty period or beyond, call **800-GE-CARES (800-432-2737)**.

WHAT IS NOT COVERED

- Service trips to your home to teach you how to use the product.

Read your **Use and Care material**.

If you then have any questions about operating the product, please contact your dealer or our Consumer Affairs office at the address below, or call, toll free:

GE Answer Center®
600.626.2000
consumer information service

- Improper installation.

If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, gas, exhausting and other connecting facilities.

- Replacement of house fuses or resetting of circuit breakers.
- Failure of the product if it is used for other than its intended purpose or used commercially.
- Damage to product caused by accident, fire, floods or acts of God.

WARRANTOR IS NOT RESPONSIBLE FOR CONSEQUENTIAL DAMAGES.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are in your state, consult your local or state consumer affairs office or your state's Attorney General.

Warrantor: General **Electric** Company

If further help is needed concerning this warranty, write:
Manager—Consumer Affairs, GE Appliances, Louisville, KY 40225

Part No. 164D2966P140
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